



PAST MEETS PRESENT: THERE’S CREATIVITY ALL AROUND AT REDLANDS COAST MUSEUM!

While technology has transformed how most kids spend their free time, one timeless activity continues to spark joy and creativity – craft. There’s something magical about how children can take the simplest materials – crayons, glue, and paper – and turn them into unique works of art worthy of display on any fridge!

Redlands kids have the perfect opportunity this school holidays to get hands-on and flex their creativity at free craft sessions at Redlands

Coast Museum (formerly Redland Museum). With Easter-themed craft activities, little artists can design and decorate colourful peg eggs and adorable bunny masks. When the kids have completed their masterpieces, take a trip through time and browse the museum’s displays. Find out more on page 6.

Over the last 50 years, the museum’s caretakers have assembled a fascinating time capsule of historical items and memories that keep

our ancestors’ stories alive for future generations to understand and enjoy. Perspective – and appreciating change, for better or worse – is wonderful, which is why museums are so important. Take the opportunity to explore the museum’s exhibits and celebrate the history of the Redlands and beyond. Bring the family and make a day of it!

Pictured L-R: Tara Young, Sloane, Hank, and Orlando with Jo Phillips at Redlands Coast Museum in Cleveland.



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HISTORY ON WHEELS AND WINGS – NATIONAL MOTORING HERITAGE DAY

The early humans who developed the wheel probably had no idea of the pleasure they'd bequeath to later aficionados of historic vehicles – trains, planes, trucks, boats, cars and buses, all forms of transport that come under the loving wings of the Queensland Historic Motoring Council (QHMC). The QHMC will soon celebrate National Motoring Heritage Day, supported by the Bayside Vehicle Restorers Club, with combined displays of historic cars and bikes and scale models that would make a collector's knees go weak.

President of the QHMC, Carle Gregory, says that people are usually attracted to historic cars and bikes because of the nostalgia factor.

"They're reminded of things they saw when they were children or teenagers, and there's curiosity about how things were back in the 'olden days'. The old vehicles are works of art; they had real style compared to new cars and you could easily identify the different makes," he says.

"Another attraction with pre-computerised cars is that you could work on them yourself; if something went wrong you could look at it, identify the problem and probably do something about it."

There will be a wide range of cars and bikes in the display, which

will hopefully include a 1976 Ford Falcon police car, a replica early MG and a three-way hearse*. When asked, Carle admitted that he couldn't say what his favourite make and model car is, "I love them all!"

A special entrant will be the 'Gooney Bird' Dakota DC3, one of the WW2 'Biscuit Bombers' that among many other tasks, dropped food supplies to troops engaged in war zones.

Proceeds of the day will go to the Robert Shannon Foundation and Farm Angels. The Foundation encourages people under the age of 30 to become involved in the restoration and preservation of historic vehicles, by assisting with costs and education fees; Farm Angels supports primary producers impacted by all natural disasters. The Cancer Council will run food stalls in the hall.

Originally founded in 1968, QHMC represents over 100 member clubs, with a total of 13,000 club members and 21,000 historic (more than 30 years old) vehicles. That's a lot of enthusiasm and love. Those early wheel developers didn't know what they'd started...

*A three-way hearse can unload a coffin from either side or from the rear. The trip is still one way.



Photos: Supplied.

The QHMC National Motoring Heritage Day will be held on May 17, 2025 at Ormiston State School from 7:00am. Entry is cash only; \$10 per vehicle, \$5 for motorcycles and \$2 for the general public. All classic and historic vehicles are welcome.

Miraje Home

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Miraje Home on Bloomfield Street Cleveland is closing its doors very soon. Established in 1999, Janneale has decided its time for her 'Escape to the Country' and other adventures. For 26 years Miraje Home has endeavoured to enhance the homes in the Redlands and beyond with bespoke window furnishings and curated lifestyle articles and accessories.

To all our loyal customers, a huge thankyou for being an important part of this story and making these years so memorable. To the amazing ladies who have worked in Miraje your contributions and collaboration over the years has been nothing short of amazing.

Before the doors close please pop in to say goodbye and pick up a stock clearance memory, a treasured piece of Miraje Home.

From the team we wish you all the best.



LOCAL SCIENTIST/ARTIST EXPLORES THE CHEMISTRY OF CREATION

Co-authoring a paper on *Discernible Orientation for Tortuosity During Oxidative Precipitation of Fe(II) in Porous Media* might not be a usual undertaking for an artist, but it's all in a day's work for award-winning sculptor and artist Dr. Ekaterina (Katia) Strounina.

Katia, who lives in Redland Bay, is a specialist Postdoctoral Research Fellow, but it will be examples of her artistic creativity on display at the Royal Queensland Art Society *Windswept* exhibition in Brisbane this April.

Growing up in a scientific centre near Moscow, where most of the population of 20,000 (including her family) were scientists, Katia's career as a scientist was almost predestined. But even as a child, she loved drawing – mainly horses, despite living in a non-rural region.

"All of my school books were covered with horse drawings. I went to after-school art classes, but still life, flowers in vases, weren't very interesting for a 10-year-old, so I didn't do much painting – but sculpture gave me a lot," she says.

"The tactile aspect of sculpture is wonderful, but it took me some time to really get into it; it takes up a lot of space and is very messy.

Then I discovered polymer clay; it's a neat medium and you can make smaller pieces that are easier to store."

Her sculptures of dogs characteristically catch the animal in that exquisite moment between tension and movement, bringing into play her scientist's focus and sensitivity to detail.

"Anatomically, they have to be right, but catching the movement, it's a hard job with a solid form. I feel it as if it's part of me, a living thing that has to be caught at the right moment, to get that slight movement but show that it's a little bit out of balance," she says.

Bronze is her favourite medium but the expense and complex processes are deterrents; creating a wax model, then a one-off mould and the actual casting of the bronze means that Katia's bronzes are usually made as commissioned pieces. Drawing in pen and ink, with its satisfyingly organic tactility, is another genre close to her heart.

Katia's paintings and drawings embrace memories of European interiors and streets and the Australian nature that she loves.

"Some people find landscapes boring, but I find any bit of grass or tree fascinating. I love being out in nature but I still take occasional courses in a style that I'm not familiar with. It forces me to paint things



Photos: Supplied.

that I normally wouldn't do and to expand my horizons. It enriches my normal practice with a different point of view and different methods."

Katia also runs her own oil painting lessons and sculpture workshops in the Redland Coast Art Society. Her work is enhanced by the scientific understanding of chemical composition and reactions, structure, and the behaviour of various media.

"It definitely helps to understand the best standards for technical quality and longevity and what's happening when the paint comes out of the tube – or not!"

See *Windswept* from March 28 to May 1, 2025, at RQAS, 162 Petrie Terrace, Brisbane.

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3



This election, we can't keep voting for the same two parties and expecting a different result. **Right now, one in three big corporations pays zero tax.**

We should tax them to fund dental into Medicare, cap rent increases and lower mortgages, bring back free GPs and take strong climate action.

With a minority government, the Greens will keep Dutton out and get Labor to act.

If you want change, the first step is to vote for it.

THIS TIME VOTE **1** GREENS



Read more about our positive plan for Queensland



LARISSA WATERS

SENATOR FOR QUEENSLAND

KRISTIE LOCKHART

CANDIDATE FOR BOWMAN

ANZAC DAY AT THE ARMISTICE CENTENARY WAR MEMORIAL

FROM THE QLD RIFLE ASSOCIATION

The Armistice Centenary War Memorial is sacred to the memory of the more than 500 Riflemen of the Queensland Rifle Association who gave their lives in the Great War of 1914-1918 for our freedom.

When the Great War broke out, the first men to be called up in defence of the nation were members of QRA's rifle clubs throughout Queensland. It was these Riflemen who took part in the expeditionary force which captured German New Guinea. A smaller force was committed to manning the fortifications on Thursday Island. The War effort progressed and so many more QRA Rifle Club members joined the AIF and fought in many locations including the Gallipoli Peninsula and Western Front. At the end of the Great War, some 568 of the 5,316

QRA Rifle Club members who joined the AIF, had been killed on Active Service.

As the nation approached the 100th anniversary of the Armistice that ended the Great War of 1914-1918, the QRA Museum Committee recognised that there was no discrete memorial established in Queensland that records the loss of the 568 Riflemen in the Great War. The ACWM was then established at Belmont to commemorate the members who served, many of whom made the ultimate sacrifice for our nation.

On ANZAC Day – the most significant day of commemoration, reflection and gratitude – we open our gates at the ACWM to the community. Family, friends, servicemen and women are invited to attend our ANZAC memorial service.




Photo: Supplied.


What: ANZAC Day Memorial Service.
Where: ACWM Belmont Shooting Complex. 1485 Old Cleveland Rd, Belmont.
When: Friday April 25, 10:15am March commences. 10:30am Service begins (9:50am gates close).
Services: Assisted parking available. Food and refreshments provided post-service at the QRA Cafe.

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If you’re looking for something to do locally, check out The Community Leader’s What’s On page here and online.



FREE KIDS’ CRAFT

Monday April 7 to Thursday April 17, 10:00am to 2:00pm, Redlands Coast Museum, 60 Smith Street, Cleveland

Enjoy Easter holiday fun at Redlands Coast Museum with free art and craft activities for all ages! Create your own bunny mask from April 7-11 or decorate an Easter peg egg from April 14-17, available weekdays from 10:00am to 2:00pm. Plus, explore the magic of vintage toys while you’re there! The museum fee entry applies to adults, and children must be supervised at all times. No bookings are required – just drop in and get creative!



METALSMITHING & HAND SAWING JEWELLERY WORKSHOP

Saturday April 12, 10:00am to 2:00pm, Unit 11, 7-9 Grant Street, Cleveland

Join silversmith Jemica Ostrofski for a hands-on jewellery-making workshop where creativity meets sustainability. Using recycled metals, participants will explore mark-making techniques with hammers, stamps, and specialised tools to craft unique, textured designs. Attendees will create one to two finished pieces, choosing from earrings, rings, necklaces, brooches, or even custom sculptural forms. All materials, including aluminium, copper, and brass, are provided, along with a gift box to take home the finished creations. For bookings, phone 0416 776 075 or go to www.carysmartinceramics.com.



STRADDIE SHARKS EASTER CARNIVAL

Saturday April 19, 2 Ballow Road, Dunwich

The Straddie Easter Carnival returns on Easter Saturday 2025, offering a fun-filled day for all ages. Families can enjoy carnival rides, farm animals, market stalls, and face painting. Pre-paid wristbands are available for purchase from the bar, or single-ride tickets can be bought on the day. The event concludes with a spectacular fireworks display by All Fired Up at 7:30pm. With something for everyone, the Straddie Easter Carnival promises a fantastic day of entertainment and Easter celebrations.



GECKOES WILDLIFE SHOW

Wednesday April 16, 10:00am to 11:30am, IndigiScapes, Runnymede Road, Capalaba

A beloved school holiday event, the Geckoes Wildlife Show brings an exciting, educational experience to the gardens at IndigiScapes. Led by Martin Fingland from Geckoes Wildlife, families can enjoy close encounters with fascinating creatures while learning about their habitats and behaviours. Guests will have the chance to ask questions and capture memorable photos with their favourite animals. Suitable for all ages, children must be accompanied by a parent throughout the show. Pack a picnic blanket and make a day of it. Register by scanning the QR code.



WENDY MATTHEWS LIVE

Saturday April 12, 7:00pm, The Lou Lou Room, Bay Terrace, Wynnum

Enjoy a spellbinding night with Wendy Matthews on the bayside in April. With her unmistakable voice, ARIA-winning hits like *The Day You Went Away*, and a gift for heartfelt storytelling, Wendy delivers a performance that lingers long after the final note. Joining her is the legendary Peter Cupples, whose soulful vocals and stellar career with Stylus makes him the perfect complement to this intimate evening. This is a rare opportunity to experience two of Australia’s finest artists up close in Wynnum! For tickets, scan the QR code or go to www.theloulouroom.com.au.



UNDER PRESSURE — A TRIBUTE TO QUEEN & DAVID BOWIE

Saturday April 12, 8:00pm, Koala Tavern, Moreton Bay Road, Capalaba

Under Pressure brings together Australia’s most sought-after tribute shows – The Killer Queen Experience and The David Bowie Show – for a powerhouse performance fresh from their 2024 Asian Tour. Wayne Vitale channels Bowie’s iconic sound, opening the night with hits like *Let’s Dance*, *Space Oddity*, and *Heroes*. John Blunt’s uncanny Freddie Mercury leads Killer Queen through classics like *Bohemian Rhapsody*, *We Will Rock You*, and more. For tickets, scan the QR code.



REDLANDS RAYS TO HOST STATE BASEBALL SHOWDOWN THIS APRIL

Baseball fans, mark your calendars! From April 10 to 13, Redlands Rays Baseball Club will host the Senior League and Junior League Invitational State Titles, bringing four action-packed days of top-tier baseball to the Redlands.

This premier event will feature the best young talent from across Queensland, with teams representing Brisbane South, Brisbane North, Brisbane Metro, Brisbane West, Gold Coast, North Queensland and the Sunshine Coast all competing for the coveted title of State Champions.

With two full-size diamonds in play, spectators can enjoy back-to-back games showcasing skill, teamwork, and competitive spirit. Whether you're a long-time baseball supporter or new to the sport, this is a fantastic opportunity to witness high-level baseball in the Redlands.

The club's canteen will be open throughout the tournament, serving up delicious food and refreshing drinks to keep the whole family fuelled across the four days.

Everyone is welcome, so gather your mates, bring the family, and support grassroots sport at its finest. Game times and updates will be posted on the Redlands Rays' social media pages – so stay tuned!

Don't miss this chance to catch some of the best Queensland baseball close to home.



Photo: Supplied.





THURSDAY, 24th APRIL

DOORS OPEN 7.30PM — GAME BEGINS 8PM

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Resilience on display in **Redland City**



Preparing for the unexpected

Tropical Cyclone Alfred took a long and winding path down the Queensland Coast, and when it crossed over Redlands Coast in early March, for many of us it was our first experience with such extreme weather.

We braced for impact, sheltered through days of intense wind and rain – and while it could have been much worse, as the weather cleared, we discovered a path of damage left in its wake.

It was a rare event, but Tropical Cyclone Alfred now serves as a reminder that we all need to be prepared for severe, unexpected and changing weather.



Mayor's message

Boots on the ground recovery work continues in the aftermath of Tropical Cyclone Alfred.

It genuinely has been heartening to see everyone come together to help our city and our residents get back on their feet – and I want to say thank you to all those people who are helping in so many ways, big and small.

In the background, this is also a very important time to learn from what happened, while the lessons are fresh, and to look ahead.

The ongoing recovery work has also revealed the importance of the advocacy work Council is doing in the lead up to the 2025 Australian Federal Election.

Council is seeking Federal Government support to champion projects, initiatives and issues that really matter to our community now and for generations to come – and, importantly, this includes disaster preparedness.

The aim is to achieve federal funding to enhance community safety and improve disaster preparedness, resilience, response and recovery across Redlands Coast.

Council is advocating for \$10 million towards a purpose-built dedicated disaster coordination centre; \$2 million for flood warning infrastructure and rainfall and creek gauge



The Governor of Queensland, Her Excellency the Honourable Dr Jeannette Young AC PSM, visits the Redland Local Disaster Coordination Centre.

networks; and funding for assessments and upgrades to improve the wind resistance of our city's buildings.

These points and others will be shared with candidates and parties contesting the election. Council will then work with the Federal Government and Members of Parliament to progress the projects.

I assure you, Council is not only hands-on in the clean-up process, but also working to make our city stronger and safer for the next time we face a disaster.



Cr Jos Mitchell
Mayor of Redland City
Email: mayor@redland.qld.gov.au

Community coming together

We know our Redlands Coast community spirit is strong, but our combined resilience was undeniable in the lead up to, during, and in the aftermath of Tropical Cyclone Alfred.

As many struggled without power, internet, mobile phone reception or public transport – some with damage to their properties – it was inspiring to see people coming together to get our community back on its feet.

Neighbours helped neighbours, with countless wellness checks and extension leads thrown over fences. Businesses, amid their own clean ups, donated goods and services and volunteers were out in force.

Under Queensland Disaster Management Arrangements, Council coordinates the Redland Local Disaster Management Group that is supported by the Local Disaster Coordination Centre (LDCC). At one point the LDCC was running 24 hours a day, to bring government and non-government agencies, private industry and volunteer organisations together during the disaster response and recovery.

The LDCC, staffed by Council and agency liason officers, worked to coordinate the efforts of more than 45 agency partners to prepare the city, deliver emergency messaging, clear debris, reinstate essential services and provide shelter, food, emotional support and additional recovery services.

A debt of thanks is owed to the field workers across emergency services, SES, Council, Energex, telecommunications providers and community groups. These amazing people left their homes and headed out, some within hours of the cyclone crossing,



Many Council teams, including City Water, were involved in the clean up.



Australian Defence Force provided assistance at sites around the city.

to begin repairing, reconnecting and re-opening the city. The Australian Defence Force and Disaster Relief Australia also joined clean-up efforts.

Thanks to the combined efforts of all, the Redlands Coast community spirit once again shone through.

Library hubs

Following Tropical Cyclone Alfred, Redland City Council libraries proved to be at the heart of our community's recovery. More than **9000** people visited the mainland libraries over three days, twice normal visitation.

Our libraries at Cleveland, Capalaba, Victoria Point, and Russell Island became gathering places, as well as somewhere to charge devices, access emergency information, and connect with others.

During Tropical Cyclone Alfred, we witnessed extraordinary stories of support and resilience from our library customers.

We encourage our community to utilise their local libraries as hubs to meet, as well as joining in the exciting activities and programs they deliver.

Learn more about your libraries: redland.qld.gov.au/libraries.

Tropical Cyclone Alfred – by the numbers



45 + agencies worked together through Local Disaster Coordination Centre
.....
Around 2000
city assets required some repair or clean up



155,000
sandbags and
1200
tonnes of sand distributed



1200 +
Redland City
SES call-outs



429,000 +
visits to Redlands Coast
Disaster Dashboard
.....
3.4 million +
impressions across Council's
Facebook posts.



550 +
tonnes of greenwaste collected from
temporary drop off points (as at 18 March)
.....
40 +
tonnes of food/odorous waste collected
over six days through temporary bulk bins



5
day drop-in
centres
established
to aid
recovery

REDLANDS COAST ALERTS

Council's free emergency notification system, Redlands Coast Alerts, issued **119 messages** during Tropical Cyclone Alfred.

Subscribers went up by around **135 per cent** in the first two weeks of March, with more than **16,800** Redlands Coast residents now signed-on to receive alerts on severe weather, planned burns and other emergency community messages.

Stay informed

Scan the QR code or sign-up at redland.qld.gov.au/RCAAlerts



For recovery information visit redland.qld.gov.au/recovery

Maggie's Mates

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What is your name? Hi, my name is Hudson, or 'Huddy Buddy' for short.

Where do you live? I live in Cleveland.

How long have you lived there? All of my seven months, except for 18 weeks where I lived in the country with my mummy in Coonabarabran.

What's your favourite local walk? Anywhere around the streets near me. I also do training on an extra-long lead on the showgrounds. I am on the lead so that I don't get a scent and run away after a duck or other bird. The boat ramp is another place I like at high tide – it's a nice place for a quick dip to cool off.

What is your most treasured toy? I have lots of toys, but my favourites are the squeakers – they bring out the hunter instinct in me and I shake them like a mad thing until they no longer squeak.

Your favourite food? I am still learning about all the tasty treats on offer.

I think I like the shark cartilage the best. It makes up for the fact that my hooman pawrents leave me on my own for short periods.

What's your worst habit? Chewing seems to upset my hooman pawrents. Mum was particularly upset when I first had a chew on her expensive multi-focal specs. Just the other day, she went to work in the car so I had a good chew on the cables of her electric scooter that she normally goes to work on. Hopefully she stays home with me more often now!

What's your favourite local hangout? I love it when we go to cafes and restaurants as there are always titbits of hooman food that they drop on the floor for 'yours truly' to vacuum up!

Who is your best doggo friend? Pepper next door is my closest doggo friend. He is a labradoodle who comes over for a run around my yard or we sometimes go to his place for a 'swim swim'.



Would you like your best mate to be featured in Maggie's Mates? Email us at sales@market2market.com.au and we'll send you a questionnaire. We will donate \$50 to a registered animal charity of your choice for each profile published in The Community Leader.



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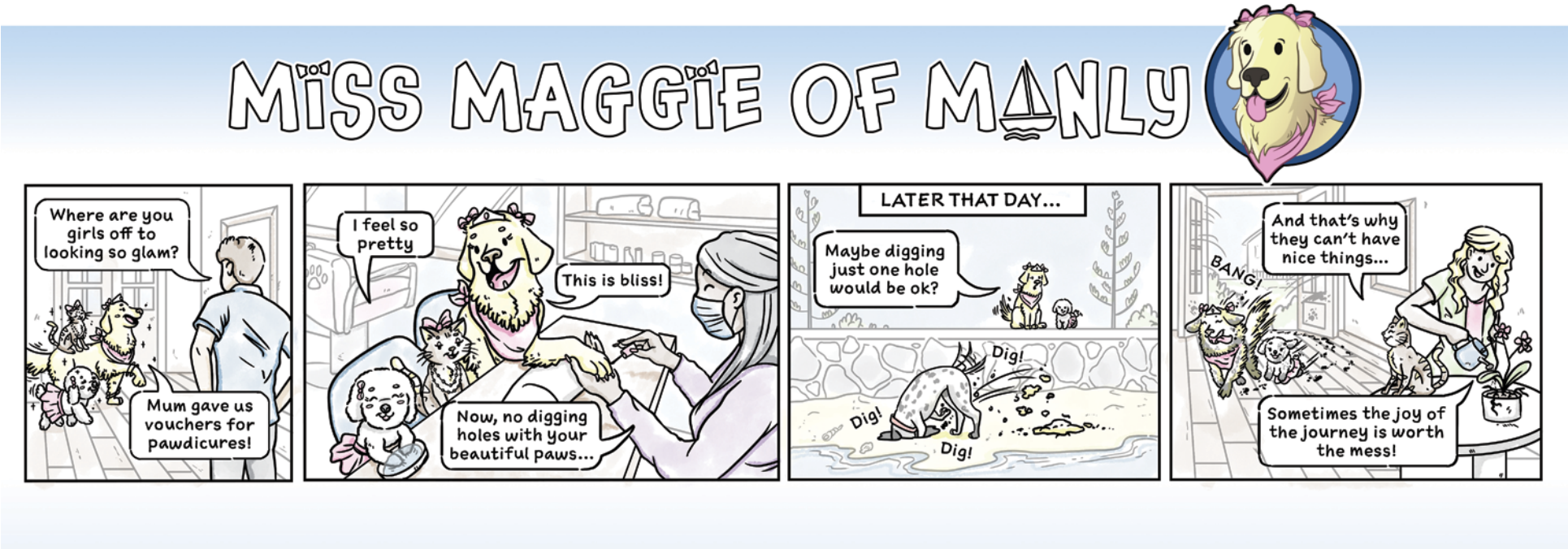
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ALL ABOUT FELINE ORAL RESORPTIVE LESIONS IN CATS

BY DR NICKY THOMAS, WYNNUM MANLY VETERINARY HOSPITAL

Cats can suffer from many different dental problems – periodontal disease, fractured teeth, and oral tumours are all common. Tooth resorption is another common condition seen in over half of cats over the age of three years.

WHAT IS TOOTH RESORPTION?

Tooth resorption (also known as FORLs or feline oral resorptive lesions) occurs when tooth roots erode and are replaced by bone. The erosion begins at the outside of the tooth where the gum meets the dental hard tissue and most commonly occurs in the lower premolars. Resorption starts at the gumline and progresses to erode the dentin, leaving the sensitive inner tissues of the tooth exposed. Bacterial infection of the pulp of the tooth may then occur as the hard protective layer of dental tissue is absent. It is suspected that this condition is caused by an autoimmune process.

WHAT ARE THE SIGNS OF TOOTH RESORPTION?

Cats with resorptive lesions may show signs including excessive salivation, blood in the mouth, decreased appetite, and difficulty eating. Cats are very good at hiding pain so it may not be obvious that there is dental disease occurring until it is quite advanced. Your veterinarian will likely recommend dental X-rays to diagnose the presence of these lesions.

HOW ARE FORLs TREATED?

Treatment of tooth resorption requires extraction of the affected tooth. This is performed under general anaesthesia. Removal of damaged teeth often results in immediate relief.



Regular dental check-ups throughout your cat's life are advised in order to diagnose and treat dental disease and prevent painful conditions developing unnoticed.



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SMART RECOVERY: HELPING YOU TO TAKE BACK CONTROL OF YOUR LIFE

BY JAN NARY

When we think of addiction, we usually go straight to the commonly known ones – alcohol and drugs. But SMART Recovery Australia works with a wider range than that, helping nearly 4,500 people across Australia with addictions that also include gambling, food, online shopping, gaming, and cigarettes – a range of activities that can be problematic and addictive. The meetings guarantee privacy (no names are kept and surnames are not used) and are open to all.

Susan Law, a certified facilitator for SMART Recovery, says that the evidence-based help program offers a free, four-point, secular path to recovery.

“Our program is focused on self-management, giving people the tools they need to take control of their recovery journey. It can apply to any kind of addictive or problematic behaviour someone might be struggling with. There are four basic steps that deal with motivation, coping with urges, problem solving and lifestyle balance.”

Susan says that the lifestyle balance involves focusing on an activity that is an alternative to the addictive behaviour and could include such undertakings as joining a book club or a gym.

“Each person sets a goal for the coming week – say, three drinks a day instead of 10 – and if they fall short of their goal, at the following meeting we discuss what might have caused the boundaries to be broken and how it could be overcome. That person might come up with an idea, or the group might have useful suggestions.



“I’m a facilitator, not a counsellor. We don’t believe in handing responsibility over to a higher power, shame, using labels or going into the past. Each day is a new beginning, and we believe in giving support for the individual to address their problem,” she says.

SMART Recovery, which operates in more than 30 countries, offers weekly meetings at Cleveland Library every Saturday from 1:30pm to 3:00pm, as well as online meetings. For more information, go to smartrecovery.org.com.au and select ‘Find a SMART Meeting’.

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UPCOMING EVENTS

REDLANDS COAST MUSEUM

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SHOULD ALL LUMPS AND SKIN BLEMISHES BE REMOVED?

BY DR ROGER DOWN, MBBS, FRCS, FRACS, MD (LOND)

Last month, we considered the most common lumps people experience. Some people get multiple lesions, and the most typical are outlined here:

Lipomas: These are quite common, can occur anywhere, and are lumps under the skin in the subcutaneous fat. Ninety-eight per cent are noncancerous benign tumours. Some people develop these all over the body. This is called Dercum's disease and is a genetic defect. Small solitary lipomas can be easily removed through a very small nick in the skin, but larger ones are often tied down to the tissues beneath and require an experienced surgeon to remove without deformity or complications.

Neurofibromas: Usually benign tumours of the nerve, just below or within the skin. They can be sensitive to pressure, single or multiple. Some people have a genetic defect/aberration and produce hundreds of these benign tumours all over their body – Neurofibromatosis, another genetic defect. It is recommended only those tumours causing discomfort or those that affect movement due to size or position need to be removed.



Common lesions that should not be removed include:

Strawberry angioma: This is a bright red, often raised lesion that can occur anywhere. It is a common cause of parental concern on the face of their baby. If left, it will resolve without trace, scarring or deformity within three to four years. Surgery is inappropriate. In adults, they are usually multiple, small, and occur with increasing age.

Port wine stain: These can be small or extensive on any part of the body and can be associated with deeper organ lesions/extensions. If on the face or scalp, they require referral to a specialist surgeon to look for any other associated lesion.

Seborrheic Keratoses: These pigmented/white variegated crusty lesions appear on any area of the body with increasing age. They are never malignant and should not be removed unless they are causing anxiety or are big and cosmetically unsightly. They are simply removed without an incision by a partial thickness skin shave and heal rapidly without a scar.

More next time. Have fun, take care, God bless and have a great year.



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LOCAL GARDENING WITH KAT

A PASSION FOR FLOWERS

BY KAT PEARSON, GIRL IN THE GREEN

Ah, the ubiquitous passionfruit. Just like mulberries and lemon trees, they have been a staple backyard addition for forever. Apart from a tendency to smother anything in their path, they take relatively little effort and soon produce so much fruit that you can't make enough pavlovas. Assuming the rats don't eat them first. Or the possums.

But, in my opinion, there is more to the passionfruit than the fruit. The flowers are stunning, and in a climate where we can't grow delicate clematis and perhaps struggle with climbing roses, Passiflora vines are here for you.

If you have yet to pay attention to the common Passiflora edulis (or regular edible passionfruit) flowers, they are works of beauty. The base ring of petals with the frilly 'corona filaments' sitting on top, stick out at right angles like a tutu. Look at the flower from the side, and you will notice the anther and stigma (boy and girl bits) sticking up, looking, at least to me, quite alien-like. And if you thought the regular passionfruit flowers were something special, you need to investigate some of the other species.

Another variety that produces edible fruit is P. quadrangularis or the giant granadilla. These fruit grow to the size of a football, and I've heard they taste like sweet tropical melon, although I wouldn't know because the few fruit my vine has managed to produce have been eaten by rats. We all know rats always take the good stuff, though, so I assume they're delicious. Nevertheless, I persist because the flowers are out of this world! A similar structure to P. edulis, they are much bigger, have even more squiggly (technical term there) filaments and are the most brilliant shade of purple.

Another stunner, not grown for fruit, is P. racemosa. The filaments are smaller, but the longer coral-coloured petals are reflexed (bent backwards), and as the species name suggests, flowers are born in racemes or clusters that hang down from a slightly less boisterous vine, making it the perfect climber for an obelisk or graceful archway.

Regular passionfruit vines are available everywhere. The other two I mentioned should be able to be sourced through local nurseries or online.



Clockwise from left: P. quadrangularis, P. quadrangularis, P. racemosa, P. edulis, P. racemosa. Photos by Kat Pearson.

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ARMY VEHICLES A WELCOME SIGHT IN THE WAKE OF ALFRED

Army vehicles driving through the suburbs were a formidable yet welcome sight in the aftermath of Ex-Tropical Cyclone Alfred. On board one such vehicle was a young soldier from the Redlands, who grew up in an Army family, and returned home to help his community in the mammoth clean-up effort.

Private Carter Fredericks is one of dozens of soldiers from 6th Battalion, the Royal Australian Regiment, who are assisting across South-East Queensland in the wake of Ex-Tropical Cyclone Alfred.

“It is pretty crazy as I never experienced anything like this when I was growing up here,” Private Fredericks said.

He found himself clearing debris off roads only a couple blocks from the house he grew up in.

“I grew up only 500 metres away from here; my parents’ place is pretty close,” Private Fredericks said.

Soldiers with chainsaws cut up fallen trees, while others cleared away the smaller branches.

“All day, we’ve been cutting up trees,” Private Fredericks said.

The reconnaissance platoon infantryman is the youngest of four brothers who have all served in the Army. One of his older brothers was deployed on cyclone response operations around Lismore at the same time.

The Army teams in Redlands moved around the suburbs in their Bushmaster-protected mobility vehicles, working with emergency services personnel. The sight was a pleasant surprise for a lot of local families who



Private Carter Fredericks, of 6th Battalion, the Royal Australian Regiment, provides assistance in his hometown of Redlands, Brisbane, as part of the ADFs response to ex-Tropical Cyclone Alfred. Photo by Major Tom Maclean (supplied).

offered cold drinks and food to the soldiers as they worked.

Once the tempo of operations slows down, Private Fredericks is hoping to get a chance to visit his parents to see how they’re recovering from the wild weather.

LET THE PEOPLE SING! THE GREATEST SHOW CHOIR COMES TO TOWN

BY JAN NARY

“Art is not a mirror held up to reality but a hammer with which to shape it.” Berthold Brecht’s approach to performance resonates through Jonathon Welsh’s many ground-breaking choirs that have their footings firmly planted in the community.

Jonathon, awarded an MA for his ground-breaking social justice work, combined with his decades of professional arts experience, knowledge and passion for music, has created choirs that address social issues, involving local communities, the homeless and disadvantaged, choirs that include the Choir of Hard Knocks, Peace Choir Project and No More Excuses. His work at RPAC over the years has included the Rock Choir, Pop Choir and this year- the Greatest Show Choir!

Grown in the Redlands and performing at RPAC, this multi-generational community choir features nearly 200 performers, special guest artists Queenie van de Zandt and Jan van de Stool, with Jonathon Welsh conducting. Jonathon says the show’s format, presenting iconic Broadway hits, will strike a chord with most music lovers.

“Musicals are very popular at present. The songs draw people in then I have twelve weeks to teach them fifteen arrangements – competence builds confidence. There are no auditions, everyone can sing. Our choirs are based on access and inclusion and giving a sense of connection.

“They’re a wonderful group; they’re so passionate and such lovely people. I feel blessed to have found my musical village in the Redlands!”

A feeling, no doubt, shared by his choir members and audiences.

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COUNCIL WASTE EDUCATION CAMPAIGN READY TO ROLL OUT

FROM REDLAND CITY COUNCIL

Redland City Council will begin rolling out a new city-wide education campaign this month to help drive sustainable waste management in the community.

The initiative, supported through the Queensland Government's Let's Get it Sorted Partnership Program, will focus on reducing waste to landfill and improving the quality and quantity of recycling.

The initiative will involve the distribution of education material followed by contracted recycling educators visually observing the contents of some kerbside recycling bins and providing the community with helpful tips and feedback.

All residents will receive the educational material this year and approximately half the city will have their recycling bins checked.

This is all about mitigating the rising costs of waste management and creating a greener future for our city by reducing the amount of waste currently being sent to landfill and improving the quality of recycling.

Council data shows that about 16 per cent of what is being sent to landfill on Redlands Coast could be recycled and 15 per cent of what is being placed in yellow lid recycling bins should go in the general waste bin.

Collectively, this represents almost 8000 tonnes of waste and recyclables placed in incorrect bins each year.

These figures paint a picture of where we need to make improvements as a community.

Over coming months, contracted recycling educators will audit recycling bins across multiple suburbs to assess levels of contamination and provide targeted feedback to residents through bin tagging.

These educators will observe the contents of recycling bins to provide helpful tips on improving recycling but will not touch or move any items.

No fines will be issued for incorrect disposal of waste. However, if a bin is found to contain hazardous materials which pose a risk to drivers and the community, it will not be collected until these items are removed.

All residents are encouraged to reflect on their waste habits as part of the campaign.

One of the simplest steps you can take to improve your waste processes overnight is setting up a separate container for recyclables in your kitchen.

Council also offers a flexible bin menu which allows residents to choose a wheelie bin size option that suits their individual household requirements, helping them dispose of waste more sustainably.

This includes paying a one-off establishment fee and no additional ongoing costs to upgrade the size of your recycling bin from 240 litres to 340 litres if you need more space.

Another proactive step is familiarising yourself with Council's online A-Z recycling guide or downloading the Recycle Mate app to ensure you are recycling the right materials.

The Let's Get it Sorted Partnership Program is supported by the Queensland Government's Recycling and Jobs Fund.

Redland City Council was one of 26 Queensland councils and two Regional Organisations of Councils to benefit from the first tranche of the program in 2024, receiving \$486,855.

Further details about Council's recycling education program on Redlands Coast is available at www.redland.qld.gov.au/recycling.



Let's get it sorted

Redlands Coast

Recycle your paper, cardboard, metal, glass bottles, jars and hard plastics only. Take a moment to update your recycling knowledge.



REDLAND BAY AUTHOR BRINGS CHILDHOOD IMAGINATION TO LIFE

Local author Karen Baxter has turned a lifelong dream into reality with the release of her first children’s book, *The Magic Cubby*.

Inspired by her own childhood and a passion for encouraging kids to play, explore, and create, Karen’s book takes young readers on an adventure beyond screens and into the great outdoors. *The Magic Cubby* celebrates the joys of building forts, digging in the dirt, and letting imaginations run wild – something she believes today’s children need more of.

“Writing a children’s book has always been a goal of mine, but life kept getting in the way,” Karen said. “Recently, I found myself with more time and decided to finally go for it.”

Now, her story is ready to inspire families in Redland Bay and beyond. If you’d like a copy of *The Magic Cubby*, you can reach Karen via Karen Baxter Author on Facebook.



Karen Baxter with her children’s book, *The Magic Cubby*. Photo: Supplied.

DO YOU NEED SUPPORT? THE SMBI HUB IS COMING TO CLEVELAND

The SMBI Hub events bring a range of services to the bayside community under one roof, designed to support vulnerable people to improve their quality of life.

Now in its second year at Cleveland, the hub partners organisations with people in need so they can work together to provide immediate advice, support and warm referrals.

Visitors to the hub can access a range of services covering mental health, suicide prevention, AOD, DFV, First Nations people, disability, ageing, family and carer support and youth development.

The hub also provides free food, clothing, haircuts, hot food and compassionate people to validate and hear the concerns of the community, so they can be connected to the right support at the right time.

The next community hubs will take place from 9:00am to 12:00pm on April 2 and May 7 at the Cleveland Comfort Inn.

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LOCAL CLUB PROFILE: REDLAND BAY CYCLONES RUGBY UNION CLUB

CONTRIBUTED BY REDLAND BAY CYCLONES RUGBY UNION

Redland Bay Cyclones Rugby Union Club is located in the heart of Redland Bay.

As a dedicated community club, the Cyclones has always prided itself on fostering a welcoming environment for players of all ages, and our new clubhouse is a testament to that commitment. With modern facilities and a vibrant atmosphere, it's the perfect place to gather, train, and celebrate the incredible spirit of rugby union.



We cater to players aged four to 17-plus, offering opportunities for both boys and girls to engage in team sports and develop their skills on the field. Whether you're looking to make new friends, improve your fitness, or enjoy the thrill of playing rugby, the club has something for everyone. The Cyclones also have competitive men's and women's teams, ensuring all members of the family can be involved in rugby.

Join the club for a free trial training session on Tuesday or Thursday nights from 6:00pm. This is a fantastic opportunity to ask questions, sign up for teams, and discover the camaraderie that makes the Cyclones a welcoming, family-oriented club.

At Redland Bay Cyclones, we believe in the power of sports to bring people together. Our club is more than just a place to play rugby; it's a community where friendships are formed, skills are developed, and memories are made. We can't wait to welcome new and returning members into our Cyclones family!

Together, let's kick off a fantastic season at the Redland Bay Cyclones Rugby Union Club!

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AGES 4-5

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TRAINING TEE, SHORTS & SOCKS

THURSDAY NIGHT 6PM

REGISTRATION FEES INCLUDING INSURANCE TEAM PHOTOS

SATURDAY GAMES

AGES 6-7

U8-12 RUGBY

\$390

TRAINING TEE, SHORTS & SOCKS

TUESDAY & THURSDAY NIGHT 6PM

REGISTRATION FEES INCLUDING INSURANCE TEAM PHOTOS

SATURDAY GAMES SUNDAY GAMES FROM U10'S

AGES 8-12

U13-16 RUGBY

\$410

TRAINING TEE, SHORTS & SOCKS

TUESDAY & THURSDAY NIGHT 6PM

REGISTRATION FEES INCLUDING INSURANCE TEAM PHOTOS

SUNDAY GAMES

AGES 13-16

SENIORS MENS & WOMENS

\$460

TRAINING TEE, SHORTS & SOCKS

TUESDAY & THURSDAY NIGHT 7PM

REGISTRATION FEES INCLUDING INSURANCE TEAM PHOTOS

FRIDAY NIGHT GAMES

AGES 17+

Photo: Supplied.

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The Benefits of Tinted Windows for Your Home

FROM TINT A CAR, CAPALABA

Incorporating tinted windows into your home can greatly enhance its comfort and aesthetics, making it a worthwhile investment. One of the most significant advantages of window tinting is its ability to maintain a cooler and more comfortable living environment throughout the year. For example, applying window film to glass bi-fold doors in your living/dining area can dramatically reduce the amount of heat that enters the space, creating a more pleasant atmosphere.

Window tinting also plays a crucial role in protecting your family from harmful UV rays. Modern window films can reject up to 99% of UV radiation, safeguarding both your loved ones and your furnishings from potential damage. By reducing these rays, not only do you enhance your family's wellbeing, but you also prevent premature fading of furniture, carpets, and artwork, prolonging their lifespan.

Another considerable benefit of tinted windows is the potential for energy savings. By minimising the need to run your air conditioning

as frequently, window films can lead to reduced energy bills, making your home more efficient. This is especially important during hot summer months when cooling costs can skyrocket.

Additionally, tinted windows help eliminate distracting glare on screens. Whether you're trying to watch a movie or work on your computer, glare can be an annoying hindrance. Tinted films allow you to enjoy entertainment or focus on your tasks without disturbances from bright sunlight.

Finally, window film offers a layer of privacy during the day without sacrificing your view. This balance ensures you can enjoy natural light while shielding the interior of your home from prying eyes!

Overall, tinted windows provide undeniable benefits, enhancing comfort, protecting your family, saving energy, and creating a stylish living space. Consider the advantages of window tinting for a more enjoyable home.



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REDLANDS MARKET WRAP-UP

SUBURB	FOR SALE	LAST MTH VARIANCE	SOLD	LAST MTH VARIANCE	% SOLD	AV. DAYS ON MARKET	MEDIAN SALE PRICE
VICTORIA POINT	101	17	18	10	17.82	20	\$980,000
REDLAND BAY	117	24	16	4	13.68	23.5	\$944,000
THORNLANDS	64	11	9	-5	14.06	17	\$1,015,000
MOUNT COTTON	17	-1	7	0	41.18	16	\$984,000
CLEVELAND	86	-7	13	-4	15.12	16	\$1,124,375
ALEXANDRA HILLS	33	6	10	1	30.30	9	\$871,000
CAPALABA	29	-3	9	-5	31.03	12	\$903,250
WELLINGTON POINT	38	-2	12	8	31.58	20	\$1,210,000
BIRKDALE	42	-4	11	0	26.19	14	\$1,135,000
THORNESIDE	8	3	3	0	37.50	14	\$1,075,000
ORMISTON	44	-11	12	5	27.27	21	\$1,256,250
SHELDON	4	2	2	0	50.00	74	\$1,717,500
REDLAND CITY TOTAL	583	35	122	14	20.93	21	\$1,045,000

- Low average selling times and low listing levels have remained constant for some time. These low numbers give the impression of a buoyant market and one of a sellers' market. However, buyers have become, and are fast becoming more value for money focused.
- Buyers are taking more care in assessing the property before making an offer. For example, if a buyer can spend \$1.4m, they want the best home with the most value features for \$1.4m. Buyers are spending on average 3-5 months researching and learning what is worth what so they don't get caught over-paying, and will happily wait for the right property.
- Sellers who are receiving multiple offers need to take care in deciding which is the best buyer. Sometimes the highest price may not be the best buyer, if there is a risk the sale may fall over, and you lose another buyer who could have completed the sale successfully.

BUYING A PROPERTY NOW vs 30 YEARS AGO!

Australians trying to break into the property market or upgrade their current home today face their fair share of challenges. Property prices have risen at a much quicker pace than incomes, and the high cost of living can make saving a deposit seem next to impossible.

Right now, the property landscape seems as unfriendly to home buyers as it could possibly be.

What was it like buying a home 30 years ago?

Interest rates might have recently risen from their pandemic era lows, but they're still a far cry from the double-digit interest rates Australians had gotten accustomed to in the late 80s and early 90s of over 17%.

High interest rates might have been the bane for homebuyers in the 90s, but today it's sky-high property prices. According to CoreLogic, house values across capital cities have risen 453% in the 30 years to 2022, while units have jumped up 307% over the same period.

While mortgage repayments as a percentage of income are hovering at around the same levels older Australians faced in the early 1990s, it's saving up a 10-20% deposit that's the most formidable challenge for buyers.

What can you do to get there?

Without help from parents, who might be able to leverage their own property or gift part of their retirement savings, young Australians could find themselves spending many years saving up a deposit.

The deposit is the home loan essential, and whatever your age or financial position, having some sort of disciplined savings plan in place is the only way you will get there. Try not to be too focused on how long it will take to get there, because it could deter you from a good plan. Instead, slowly chip away at a disciplined savings plan, set up a savings account with compound interest and let it grow.

If you already have an existing home loan, use an offset account to put all your income into so you can reduce the size of your loan quicker.

It's the little things that always make a big difference when it comes to home loans, and the reason many people just can't get started as they simply become overwhelmed thinking it is impossible. Remember, think like a farmer - plant a seed, water it and let it grow.



Dave Tidbold

Director of Tidbold Real Estate
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Queensland rentals – listed one week, leased the next

FROM THE REAL ESTATE INSTITUTE OF QLD

Queensland's rental market in 2024 was characterised by quarter after quarter of tight vacancy rates, with the strain on rental supply continuing in the December quarter.

The Real Estate Institute of Queensland's (REIQ) residential vacancy rate report for the final quarter of 2024 shows a statewide vacancy rate of 1.0% – mirroring the rate of the previous two quarters and only slightly increasing from 0.9% in the first quarter.

Of the 50 local government areas and sub-regions covered in the report, vacancy rates tightened in 18, remained stable in 15, and relaxed in 17 this quarter.

Cook (0.0%) retained the unenviable position as the tightest region in the state, with Goondiwindi and Charters Towers only just moving the dial at 0.1%.

At the other end of the spectrum, the Bay Islands (3.5%), including North Stradbroke, Russell, Macleay, Karragarra, Lamb, and Coochiemudlo, held a healthy vacancy, along with Isaac at 3.2% – the only other healthy rental market in the report.

The December quarter delivered some strong seasonal swings, with holiday hotspot Noosa's vacancy rate halving compared to the previous quarter from 2.4% to 1.2%.

REIQ CEO Antonia Mercorella said reporting on 'little to no vacancies' had begun to feel like a broken record, with nearly every region recording a vacancy rate in the tight range and well below a healthy rating of 2.6-3.5%.

"Despite the movements over the quarter and over the year, 48 out of the 50 regions in the report have landed in what we classify as a tight rental market," Ms Mercorella said.

"A tight vacancy figure tells a story of fewer properties becoming available for rent, and for those that do, they are not considered 'vacant' until they've been listed for over three weeks.

"The ugly reality is that when you have a prolonged tight rental market like this, everyone feels it. We know that the most vulnerable in our community are the hardest hit; however, its impact is felt at all levels, including amongst those with higher or double incomes."



Regarding the biggest falls and rises in vacancy rates in the December quarter, Ms Mercorella explained some seasonal factors could be at play. However, it was difficult to pinpoint the cause.

"It's not uncommon to see people relocating at the end of the year, and we suspect in the case of Noosa it could be attributed to people taking a 'try before you buy' approach – renting and enjoying the summer holidays while waiting for the right property," she said.

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Position

Investing in Property Debt Funds

FROM CAPITAL PROPERTY FUNDS

The global economic landscape is evolving and is being driven largely by US trade policy.

The United States' implementation, reversal, and then subsequent implementation of stringent tariffs has caused global economic uncertainty, leading to volatility in global stock indexes such as the S&P 500.

Comments by US president Donald Trump, regarding a potential US recession, has further exacerbated concerns and, as at the date of this article, these concerns are being reflected in a lowering in US Treasury yields – a proxy for interest rates.

Meanwhile, central banks worldwide are trying to navigate potential 'stagflation' – being rising inflation and declining economic growth.

In this uncertain economic environment, property debt funds may prove an attractive investment option for investors looking for capital stability combined with high-income yield.

A property debt fund is a type of investment where investors pool their money together in a fund, which then provides loans to real estate projects. These loans are secured against the property, meaning if something goes wrong, the property can be sold to recover the investment. Real estate is generally regarded as a very stable asset class in Australia.

Unlike listed equities, which are highly sensitive to economic uncertainty, property debt funds are generally regarded as less volatile due to the fact they are not listed on the stock exchange and are secured via mortgages over real estate. The security of real estate assets means that even in cases of borrower default, investors have a level of protection.

In addition, property debt funds generate regular income returns based on fixed interest payments from borrowers.

Due to stricter regulation on traditional banks, their reduced appetite to lend has created an opportunity for alternative lenders like property debt funds to fill the funding gap. This has led to an increase in demand for private real estate credit, allowing these funds to negotiate favourable lending terms, further enhancing investor returns. Additionally, RBA cuts to the official cash rate could create a tailwind for the real estate sector, improving borrower conditions and reducing default risks.

For investors seeking capital stability and a consistent income yield in a challenging economic climate, property debt funds may offer a compelling investment opportunity.



DISCLAIMER: Past performance is not indicative of future performance. The distributions and investment returns depend on the performance of the underlying investments. Information contained within this article does not constitute financial advice, nor is it a personal recommendation. Capital Property Funds is not authorised or qualified to provide financial advice or to make an investment recommendation. Information contained within this article is general in nature and has been prepared without regard to the individual objectives, financial situation, or requirements of any person. Prospective investors should seek personal financial and legal advice before deciding to invest. Capital Property Funds Pty Ltd is a Corporate Authorised Representative (000457306) of Sequoia Wealth Management Pty Ltd ABN 22 002 314 310, AFSL No. 472387.



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FLANNERY'S' SELF-SAUCING CHOCOLATE PUDDING RECIPE



This month, we're handing the recipe reigns over to our friends at Flannery's Victoria Point, who've shared their delicious chocolate pudding recipe, which makes a perfect Easter treat!

We've got Easter sorted with this warm, self-saucing chocolate pudding. The cacao-based cake is the perfect balance of fluffiness and fudginess with lots of melted chocolate throughout, finished with a velvety, rich cacao sauce to pour over the top, making this antioxidant-rich and indulgent! We topped ours with vanilla frozen yoghurt and a little extra dark chocolate for the ultimate chocolate hit this month. Follow along at home as we make this one; visit @flannerysorganic on socials. Serves: 6. Time: 45-minutes.

INGREDIENTS

- 80g Organic Times butter, room temperature
- 1/2 cup milk of choice
- 1 egg
- 1 tsp vanilla extract
- 30ml espresso
- 1 cup self-raising flour
- 1/2 cup Flannery's OWN Organic Coconut Sugar
- 2 tbsp Flannery's OWN Organic Cacao Powder
- 100g Tony's Chocolonely dark chocolate, small chunks
- Pinch of salt
- Coyo vanilla frozen yoghurt, to serve

METHOD

1. Preheat oven to 160°C (fan forced). Set aside a 1.5L capacity baking dish or tray.
2. In a large bowl, whisk together butter, egg, vanilla, milk and espresso until just combined. Sift flour and cacao powder over top and gently combine. Stir in coconut sugar.
3. Pour mixture into baking dish. Press chocolate chunks in and lightly cover with batter.
4. In a small bowl, combine cacao powder and coconut sugar for chocolate sauce. Sprinkle over the top of the batter, creating an even layer of chocolate sugar. Pour boiling water over the back of a spoon evenly over your mixture. This ensures the water doesn't disturb the sauce and batter mix underneath.
5. Place in oven and bake for 30-35 minutes or until cake springs back upon touch. It's important to not over-bake otherwise you will lose that delicious chocolate sauce!
6. Serve immediately with vanilla frozen yoghurt or ice cream and berries!

Thanks to Courtney Sutton from Flannery's Victoria Point for creating this recipe.



Photo: Supplied.



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NATURALLY WONDERFUL ... WITH RANGER STACEY

RANGER STACEY THOMSON IS PRINCIPAL ADVISER – COMMUNITY EDUCATION (REDLAND CITY COUNCIL)



I’m constantly amazed and inspired by the natural world.

Whoever first said “You learn something new every day” is absolutely spot on, because when it comes to the environment, I’m on a continuous journey of enlightenment and discovery.

Just the other day, I was chatting with a group of my IndigiScapes colleagues when I spontaneously posed the question: “What’s one thing you find totally fascinating in the local environment?” Now, I realise this may not be typical workplace water cooler conversation, but hey that’s how I roll! The responses from my fellow nature loving co-workers were too good not to be shared.

Cheryl chose the soldier crab, and I can understand why. Armies of these cute crustaceans emerge at low tide to feed on detritus in the sand, leaving behind perfect little round balls of leftover sand as they march onwards. They are one of the few crab species that walk in a forward fashion thanks to the unique joint structure in their legs.

Cath singled out leaf galls – the funny little lumps or knobs that occasionally form on the leaves of certain plant species. For those of us with curious minds it’s interesting to note that leaf galls are caused by insects, mites, bacteria, or fungi, and usually cause no harm to the plant.

Mim’s response was the bladderwort and since she’s a self-professed plant nerd, this came as no surprise. It’s a native water plant with an appetite for meat. Yep, this carnivore is equipped with hollow sacs that suck in tiny water creatures, and inhabits local creeks on Redlands Coast.



Photos: Supplied.



Last but not least, Maree produced two wonders of nature. A group of arachnids known as net-casting spiders. They catch prey in a small web in the form of a net which they cast over unsuspecting prey using long legs.

And finally, fungi! What we see growing in the forest as delicate and beautiful is actually the fruiting bodies of the fungi that is living underground.

My advice: discover the world around you and embrace your sense of wonder!

Until next time ... Stay Wild!

Ranger Stacey

LOCAL READERS: A BOOK REVIEW – JAMES BY PERCIVAL EVERETT

BY ANNE CROWLEY

WHAT THE EXPERTS SAID:

“A brilliant reimagining of *Adventures of Huckleberry Finn* – both harrowing and ferociously funny – told from the enslaved Jim’s point of view.

“When Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he runs away until he can formulate a plan. Meanwhile, Huck has faked his own death to escape his violent father... thus begins the dangerous and transcendent journey by raft down the Mississippi River toward the elusive and unreliable promise of the Free States and beyond.

“Brimming with the electrifying humour and lacerating observations that have made Everett a literary icon, this brilliant and tender novel radically illuminates Jim’s agency, intelligence, and compassion as never before.” (goodreads.com)

MY THOUGHTS:

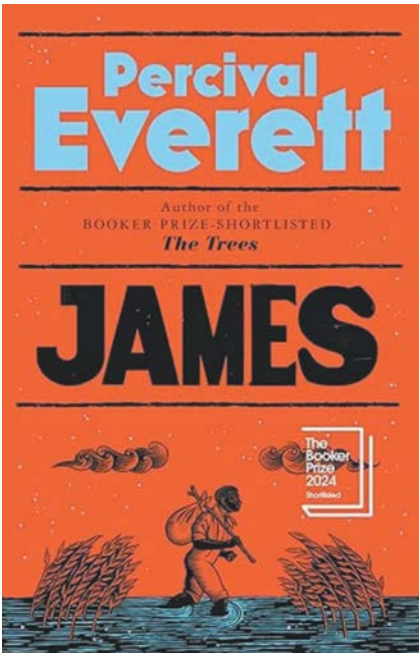
Jim led a double life, feigning ignorance and illiteracy to stay under the radar rather than attract the wrath of his white slave owners. In fact, he was a well-read philosophically and strategically-thinking man, living by his values including honour and kindness – and he had a great sense of humour.

Jim is a likeable character, through whose eyes we gain an insight into the experience of slaves in the southern states of America – generally appalling, often outrageous, and at times hilarious. My favourite quote comes after a bizarre situation where Jim was enlisted as a member of a travelling minstrel group and was required to use black face (as did the white members of the group) so people would think he was white pretending to be black – he could not be discovered to actually be black. He says: “Never had a situation felt so absurd, surreal and ridiculous. And I had spent my life as a slave!”

We see Jim, after many dangerous encounters, eventually claim his truth proudly and become James. I believe there was a turning point where, having numerous times been ‘damned if I do and damned if I don’t’ he finally chose DO.

I really enjoyed the book – far more than *Huckleberry Finn*, which I read after *James* and found impenetrable in terms of the slave lingo and really annoying in the depiction of the so gullible and ignorant Jim.

Almost all my book club friends also really enjoyed it – bar one, who found it contrived and unbelievable. Life would be dull if we all thought the same way! I’d recommend it.



LIVING LIFE AT THE POINTY END – THIS IS THE SES

If you’ve needed the help of the SES during Ex-Tropical Cyclone Alfred’s rampage through the bayside, the smiling face, the reassuring words and the capable assistance may well have been from SES member Cindel Richardson or one of her team.

Cindel, group leader of the Cleveland State Emergency Service, has been a member of the SES for 24 years, joining as a teenager in Yeppoon to gain the experience necessary to join the police service. Mission accomplished; Cindel has been a police officer for 17 years and is now an Acting Inspector within the Multicultural Affairs Unit of the Queensland police service. “I just like getting out into the community and helping out where I can,” she says.

Her skills at getting out and helping are evidenced by Cindel’s awards, including the RCC’s Australia Day 2025 achievement award, the Spirit of Suncorp Award, and various other regional awards and police awards – though she’s quick to refer to the importance of the team.

“Knowing who you are and knowing where your limits are and knowing your team is vital,” she says. “Team members need to support each other as well as the community and you have to draw on your reserves of empathy and emotional intelligence while keeping a resilient space for yourself. There’s a real sense of camaraderie in this team, they’re close and they’re passionate.”

Are there any frustrations?

“The main frustration for all of us is being obliged to go home and rest when there’s still work to be done,” she grins.

There’s no doubt of the high esteem and regard that the community feels for the SES and it finds expression in small but sincere ways.

“There’s nothing like feeling the relief that people experience when you turn up in their hour of need – members of the team just give it all they can – even if their own properties are damaged they just put their orange on and get out there to help,” Cindel says.

“A really good thing happened during Alfred – a couple of the women on the team were chucking on their chainsaw chaps and getting out the big chainsaws to clear a tree and a little girl came out of the house with a note saying that them showing up gave the family an understanding that women can do anything. A lot of individuals and charity groups turn up with food and support – it means a lot.”

So, what else keeps the commitment and the energy going?

“My biggest concern is being there to do my bit for my three families – my kids, my ‘orange’ SES family and my ‘blue’ police family; they’re my worlds,” she says. “It can become challenging to balance the three and sometimes there are overlaps, such as police searches for missing persons that may involve the SES so it’s good to be interoperable across the boundaries, guidelines and rules of both organisations – but my main concern will always be for my kids.”

Cindel is on first-name terms with several of eastern Australia’s historic disasters, including Marcia, Yasi and Larry, as well as bushfires in NSW but she says that you don’t have to be super-fit to be a SES volunteer.

“We have members of various abilities and ages – some of our volunteers are in their mid-eighties – and they give what they can, through the peer support program, administration, logistics, organising supplies. You don’t always have to climb on roofs and cut trees or get out the flood boat. If you’re interested, get onto our website and see how we work.”

In the meantime, Cindel and her team are there at the pointy end – just getting out into the community and helping.

For more information at the SES, go to <https://www.ses.qld.gov.au/>.



Photo: Supplied.

Gatsby CASINO NIGHT

RCB Big Band LIVE

Gatsby Dress-Up

Cocktails

Casino Games

24th MAY

Doors open 6.00pm

Cleveland Assembly Hall
(46 SMITH STREET)

Tickets: \$50

Includes: Welcome Drink

\$1000 Play Money

1920s theme Food
(served through the night)

BRIS VEGAS
CASINO FUN
NITE'S

Redland City Bands

LOCAL FISHING WITH SPERO

THERE’S LIGHT ON THE BAY AFTER ALFRED’S DESTRUCTION

BY SPERO KARTANOS

I don't really want to remember March, and as for Alfred, 'scary' is the only word I can use to describe it, as well as the devastation and hurt folks in the area went through – and some are still suffering. Looking back over the years, March seems to be the time of the year for experiencing terrible weather in this part of the state, with horrible storms and big winds, and this year, nature gave us one to remember and tell our grandchildren about.

But as nature has it, a few weeks have passed, and the bay looks like nothing happened with all the fishing and catches back to normal. The whiting are normally bigger around Amity Banks and the Rous this time of year, and the prawns and crabs seem to be flushed out. Reef fishing takes a little longer as thousands of catfish get flushed out of the rivers, and the pelagic fish – like the school mackerel – tend to swim into the wind, so Peel and the Rainbow Channel will be worth looking at, as will the close-in areas as the water clears.

So, get out there and catch a fish; it's great for the soul and any anxiety you feel after a horrible event. Till next month, keep safe and good fishing.



Photos: Spero Kartanos.



WYNNUM REDLANDS BUDGERIGAR SOCIETY INC

OPEN MARKET DAY

SATURDAY 26TH APRIL 2025 | CLEVELAND ASSEMBLY HALL | 46 SMITH ST, CLEVELAND QLD 4163 | DOORS OPEN 10AM – 3PM

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 Sausage Sizzle

 Budgerigar Sale

 Bird Equipment Sale

 Popcorn / Fairy Floss

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LOCAL ORGANISATION PROFILE

WYNNUM REDLANDS BUDGERIGAR SOCIETY

CONTRIBUTED BY BILL BOAL

The Wynnum Redlands Budgerigar Society (WRBS) has been a cornerstone for budgerigar breeders and enthusiasts within South-East Queensland for over 80 years. We invite anyone with a passion or interest in budgerigars to join our friendly community club based in the Redlands.

We currently have members from all areas of South-East Queensland, including Ipswich, Redlands, Logan and Brisbane.

With monthly events and newsletters, we offer guidance and support for all, from enthusiasts with pet budgies to national show breeders.

Our friendly and experienced National Show breeders can support your transition from pet hobby to showing budgerigars if desired, as well as all aspects of avicultural husbandry, with a fully qualified vet being one of our members.

We have regular workshops covering topics such as owning and caring for your pet budgie and assisting with all aspects of housing/aviculture and breeding budgerigars.

We can also give advice if required on efficient housing of your budgerigars with the available space you have, with many suitable options available.

Social events such as aviary visits, which include BBQs, are a fundamental part of our club, which supports and encourages a family-friendly environment catering to all ages.

The WRBS also supports and is an active member of State and National advisory bodies. WRBS is offering one year's free membership for all new members and an opportunity to go into the draw to win a pair of budgerigars.



Please contact us for further information via email at W.R.B.S_Secretary@outlook.com, by calling 0413 960 396, or visit Facebook and search Wynnum Redlands Budgerigar Society Inc.



LOCAL POETRY

AVE MARIA

BY GEOFF SMILEY

She stands there;
in beauty, singing
Ave Maria,
perfect mother.
Violet eyes, dark hair,
caring and maternal.

Arms reaching out
embracing, promising
never to leave.

There is love in those eyes;
the giving of herself
in generous love
for her receptive child.
Ave Maria,
maternal perfection
for the lonely.



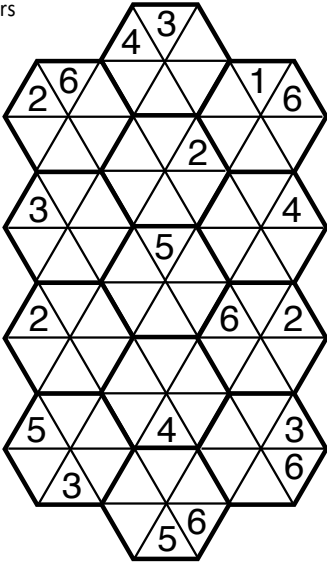
Sudoku

Fill in the blank cells using numbers from 1 to 9. Each number can only appear once in each row, column and 3x3 block.

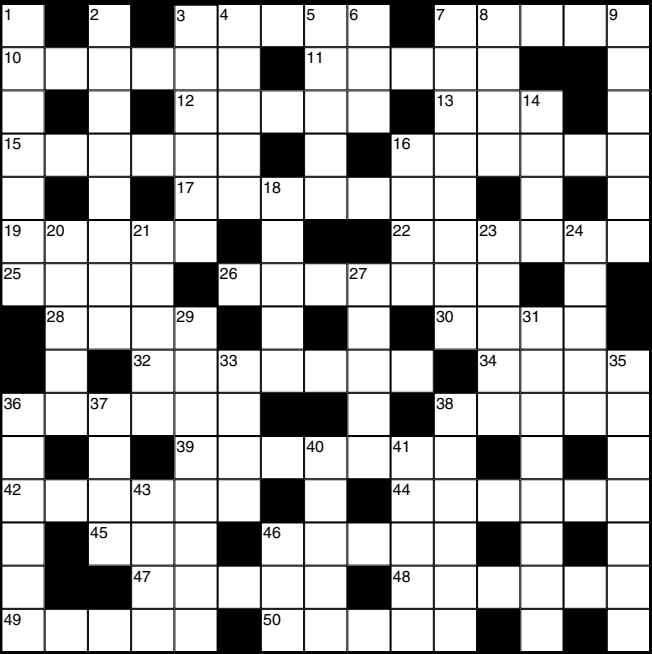
6					9			5
2								
				1				3
		4		6	7			
5		9			2			6
					3			9
				5			2	1
		3					7	4
	4					5		

Quick Workout

Fit the numbers 1, 2, 3, 4, 5 and 6 into the hexagons so that where the hexagons touch, the numbers will be the same. No number is repeated in any hexagon.



Crossword

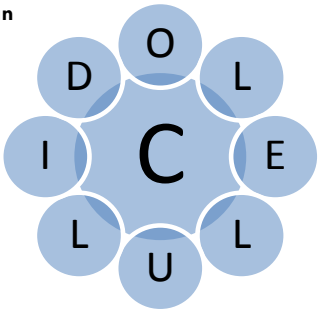


Focus

An All Australian Word Game

- * Each word must contain the centre 'Focus' letter and each letter may be used only once
- * Each word must be four letters or more
- * Find at least one nine letter word
- * No swear words
- * No verb forms or plurals ending in 's'
- * No proper nouns and no hyphenated words

TODAY'S FOCUS
Good: 9 words
Very good: 18 words
Excellent: 32 words



Reference: Macquarie Concise Dictionary
Focus No. 3892

ACROSS

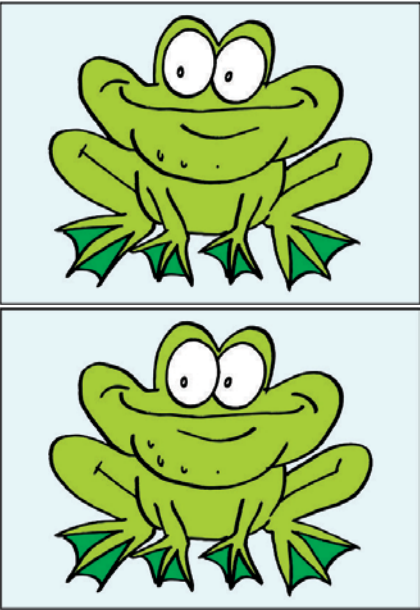
- 3 Social event
- 7 Prejudiced person
- 10 Rubber
- 11 Wanderer
- 12 Sea nymph
- 13 Fate
- 15 Combines
- 16 Persons under age
- 17 Arbitrator
- 19 Expel by legal process
- 22 Exact satisfaction for
- 25 Identical
- 26 Dyed
- 28 Be ahead
- 30 Eats evening meal
- 32 Brother or sister
- 34 Incisions
- 36 Stick
- 38 Thick
- 39 Sanction

DOWN

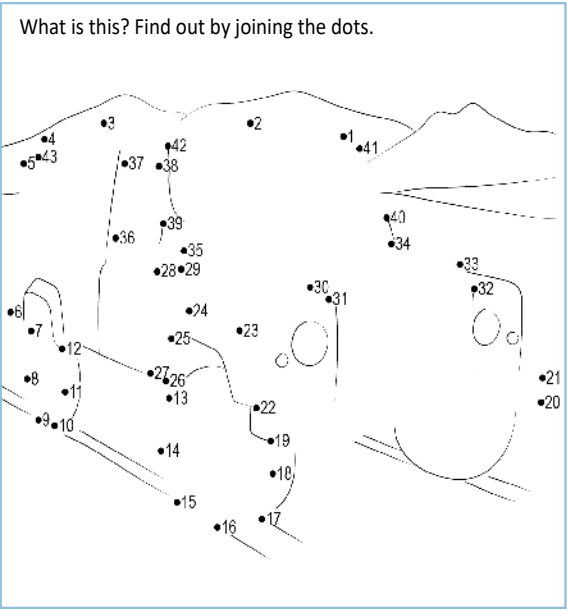
- 1 Makes safe
- 2 Of the sea
- 3 Barren place
- 4 Get up
- 5 Pancake
- 6 Vast age
- 7 Credits
- 8 Golf club
- 9 Sharp struggle
- 14 Rent

- 16 Spiteful
- 18 Death-dealing
- 20 Well-founded
- 21 Stop
- 23 Draw forth
- 24 Sudden wind blasts
- 27 Interior
- 29 Ordered
- 31 Prompt
- 33 Curved
- 35 Hide away
- 36 Foreigners
- 37 Brick troughs
- 38 Merchant
- 40 Musical drama
- 41 Garden tool
- 43 Greek letter
- 46 Solemn promise

Spot the 5 Differences

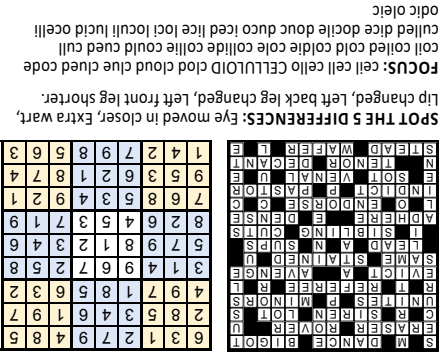
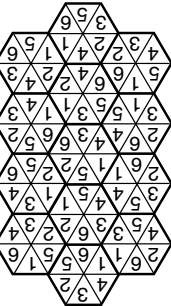


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COGNITIVE FUNCTION AND BRAIN FOG

BY MANDY CARR, QUALIFIED NATUROPATH, FLANNERY'S ORGANIC WHOLEFOOD MARKET, VICTORIA POINT HOMECO CENTRE

This is a crucial topic for anyone experiencing brain fog, decline in cognitive function, trouble concentrating or just feeling mentally fatigued.

Imagine waking up in the morning and feeling your thoughts are shrouded, making it difficult to concentrate, remember, or even think clearly from small moments like temporarily losing your keys to communication difficulties or struggling to finish basic tasks.

Brain fog has become an increasingly prevalent concern in today's fast-paced world. It can impact daily life, hinder productivity, and even lead to feelings of frustration and anxiety.

Brain fog can stem from a variety of factors, including sleep deprivation, stress, poor diet, illness, hormonal changes (such as menopause), medical conditions (such as chronic fatigue syndrome and fibromyalgia), and certain medications.

The symptoms of cognitive function difficulties and brain fog can vary from person to person, but they commonly include:

- Difficulty concentrating
- Poor memory retention

- Poor memory recall
- Mental fatigue
- Confusion
- Impaired decision-making capabilities

Supplement support can help you get back on track or boost any essential minerals lacking in your diet. Our naturopath's top picks include:

MCT Oil

Medium-chain triglyceride (MCT) oil could provide an extra boost in combating brain fog. MCT oil is a type of fat derived from coconut oil or palm kernel oil and consists of medium-chain fatty acids, which are quickly metabolised by the liver and converted into energy for the body and brain.

B Vitamins

Essential for energy production, neurotransmitter support and overall brain health. B12 is crucial for red blood cells, DNA and protein metabolism. Increase your intake of meat, nuts, wholegrains and eggs. Herbs of Gold Activated B Complex contains B2, B6 and B12 which are readily absorbed by your body without metabolic conversion.

Omega 3s

Vital for brain structure and function, fish/cod oil or Algal oil (vegan option) is packed with essential fatty acids found within our nervous system and brain. We need good levels consistently of these fats for mood and mental function. Nordic Naturals Ultimate Omega comes as lemon or strawberry-infused if the taste is an issue. Choose 100 per cent wild-caught and sustainable seafood for heart, brain, immune, joint/mobility and general wellbeing support.

L-Theanine

Known for promoting relaxation and improving sleep quality, L-Theanine helps to increase serotonin, dopamine and GABA levels. Arepa Nootropic Blackcurrant juice is packed with L-Theanine, green tea, and certain mushrooms. Try Melrose Future Lab Deep Wave Sleep Booster to help relax the mind and support nervous system health.

Ginkgo Biloba

Can help to boost circulation and enhance memory and cognitive performance.

Curcumin

Boost anti-inflammatory foods such as turmeric (curcumin), leafy greens, pineapple, berries,

ginger, green tea and papaya to help reduce brain inflammation. Eating an abundance of anti-inflammatory foods is essential – with a special focus on eating the 'rainbow' of colours. Stay clear of inflammatory foods such as excessive gluten, sugar, and processed and fried foods when feeling sluggish and mentally fatigued. Top up with a curcumin supplement.

Ginseng

Helps to regulate stress and support mood and energy levels. Studies have also found it may help with working memory, stress, fatigue and attention span.

Our Naturopaths are here to help guide you to feel your best. Our brain health changes with age, but mental decline doesn't have to be inevitable. Addressing any underlying causes is crucial to finding relief. Prioritising sleep, managing stress, regular exercise, staying hydrated, and maintaining a balanced diet rich in nutrients are all important steps to contribute to a sharp mind, enhanced focus and mental clarity. Please consult your healthcare provider before consuming any supplements.



Stay well with Flannery's Organic Wholefood Market

SAVE 20% off all Vitamins & Supplements the first Friday & Saturday of each month! Plus, free naturopath advice in store.

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For more locations visit flannerys.com.au

*For members only, it's free to join in store. Not in conjunction with other offers.

FLANNERY'S
ORGANIC • WHOLEFOOD • WELLNESS

Pic Puzzle

BUNNY POST



Working out space for your answer:

Word Find

Happy Easter!

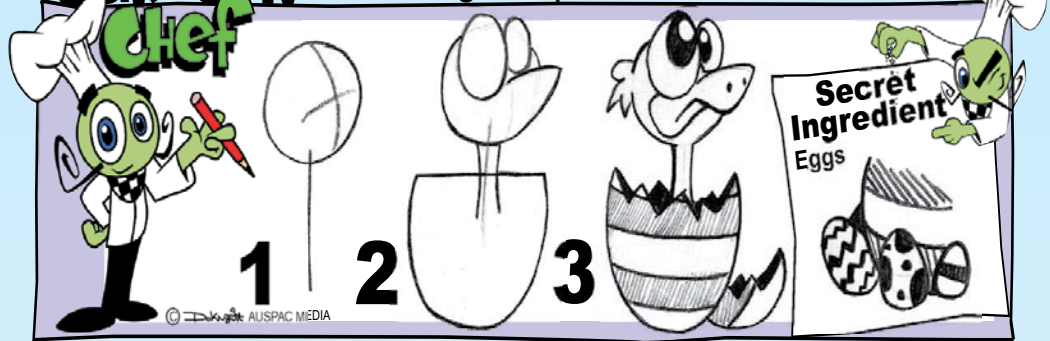
Can you find all the Easter words in the grid?

C	H	R	I	S	T	E	T	E	R	N	I	T	Y	D
A	K	N	U	B	M	A	G	I	C	H	K	I	N	D
R	R	E	L	A	X	S	H	O	W	O	H	U	N	F
D	A	W	N	S	W	T	D	S	H	T	O	I	W	E
L	I	L	Y	K	P	E	V	E	M	F	F	H	D	T
S	H	A	R	E	B	R	I	S	E	I	C	A	R	E
L	I	F	E	T	G	A	N	N	U	A	L	I	C	E
E	P	L	A	Y	T	G	C	R	E	D	E	E	M	E
A	S	C	E	N	D	O	N	B	G	I	V	E	Y	O
T	Z	S	A	L	U	T	A	T	I	O	N	D	Q	B
M	C	A	N	D	Y	I	Q	S	L	U	N	A	R	I
H	O	L	Y	S	P	M	L	P	T	E	A	R	S	R
O	W	O	M	A	J	E	F	A	I	T	H	W	Y	T
P	H	Y	N	S	O	N	U	L	M	G	O	O	D	H
E	H	E	N	S	Y	I	N	M	E	B	U	N	N	Y

Annual	Dye	Good	Lily	Salutation
Ascend	Easter	Hens	Love	Share
Basket	Eat	Hide	Lunar	Show
Beach	Egg	Holy	Magic	Sleep
Birth	Eternity	Hope	Moon	Smile
Bow	Eve	Hot	Nap	Son
Bunny	Faith	Hyms	New	Tears
Candy	Fete	Ice	Palm	Time
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Christ	Fun	Lamb	Relax	
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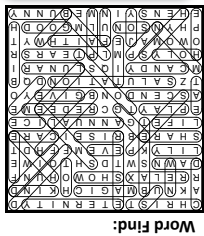


Spot the Five Differences



Puzzles & Pagation by Auspac Media

Solutions



Word Find:
1. Egg, 2. Cross, 3. Good Friday, 4. Roman Soldiers, 5. Bibby, 6. Story, 7. Hot Cross Buns, 8. Plate, 9. Bunny, 10. Bonnet.

Tension (T) easers

- Chocolate ... or Urge E _ _ _
- Old Rugged ... or On a chain C _ _ _
- Not a bad weekday or A-OK cooking day?
G _ _ F _ _ _
- Empire's army or (sounds like) army gone
AWOL? R _ _ S _ _ _
- Animal or Aust. chocolate icon B _ _ _
- Report or gospel S _ _ _
- Marked rolls or baker's delight
H _ _ C _ _ _ B _ _
- (sounds like) Airman or Pontius ...
P _ _ _ _
- Animal or Bugs ... B _ _ _
- Car part or head covering B _ _ _

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THE SEVENTEENTH DOLL TURNS SIXTY-EIGHT

Redlands Coast Museum, always a hive of activity, has a new buzz of excitement as Theatre Redlands swings into rehearsals for its next production.

The Summer of the Seventeenth Doll is an Australian classic. The last – and best known – of a trilogy, it helped give Australia an identity and a place on the world's stages. Ray Lawler's masterpiece is about two cane cutters' annual romantic pilgrimage to their girlfriends in Melbourne. This year, the seventeenth, sees changes that were predictable to all but the main players.

This play is very much a product of post-war Australia, but its themes are universal; growing up and growing old, the limits of loyalty and the need to survive, and the ways we devise to escape reality.

Theatre Redlands will present *The Doll* – as it's popularly known – as Redland Museum's Queensland Day production, under the direction of Raymond Noonan.

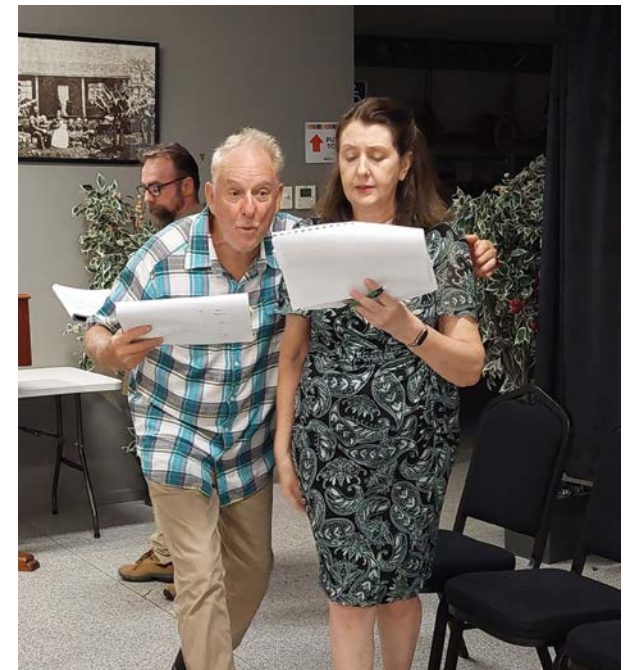
"I feel honoured to be directing this play for the second time," he says. "I love the play, I love its characters – those Aussie characters still exist

– and I love its language. Older audience members will recognise and enjoy the Australian colloquialisms; for younger audience members it will be an education in our wonderful, home-grown vernacular.

"For all that it was written nearly 70 years ago, *The Doll* has certainly withstood the test of time. This is a story about feelings, relationships and commitment. It's a drama with humour and it's a love story – but a love story outside the usual tradition," he says.

The cast includes well-known local actors Debbie Spearritt, Vanessa Wells, Danielle Randall and Dan Baker. In a nostalgic twist, two actors will be performing together again for the first time in more than 30 years. Pat Craigie and Jan Nary both worked for years in Sydney's New Theatre so rehearsal breaks are bound to be peppered with episodes of, "Hey, do you remember the time that . . .". Now, there'll be another major show to add to their memory hoard.

The show will run for two weekends, from Friday, June 13 to Sunday, June 22. For more information, go to www.redlandmuseum.org.au/whats-on/events/.



Pat Craigie (Barney) and Vanessa Wells (Olive). Photos: Supplied.

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BRISBANE RACE WEEK PROMISES AN UNFORGETTABLE EXPERIENCE ON THE BAY

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Brisbane Race Week will showcase its signature array of diverse sailing formats over a festive five days from 2 to 7 May 2025 in southern Moreton Bay.

Hosted for the second year and with three divisions, the regatta caters to thoroughbred racing yachts, cruising monohulls, and multihulls while opening its doors for the general public to enjoy the spectacle.

“Brisbane Race Week is a week of friendly rivalry between all sailing clubs based in South-East Queensland. It has swelled in popularity due to the unique sailing courses and active social calendar of events,” says race organiser and participant Anton Prange.

“We are thrilled to see many more entries from a variety of clubs and have prepared an action-packed week on and off the water for our participants and community.”

Friday kicks off the event in 2025 with Formula-1-style ‘hot laps’ around Green Island, with the winner completing the most laps in a three-hour window before the popular opening fiesta with Mexican fare and entertainment at the Royal Queensland Yacht Squadron.

Weekend racing sees the stakes raised with short, handcrafted courses putting crews to the test and using the newly installed recreational marks, followed by more themed evening celebrations at Royal Queensland Yacht Squadron and Wynnum Manly Yacht Club. A Texan Night on Sunday at Wynnum Manly Yacht Club reinforces the ‘cross-border’ sentiment and cheerful rivalry between the clubs.

A long passage race on Monday allows yachts to stretch their legs with beautiful Brisbane and Moreton Island as a backdrop,



Photos: Supplied.

with the day ending at a community fundraiser event of Burgers, Beer and Bingo supporting the Making Waves Foundation. Making Waves provides unique on-water experiences for young people with disabilities or young adults experiencing disadvantage and is based at Manly.

Finally, after a day of rest for Labour Day, Wednesday welcomes the mother of all pursuit races. With handicaps and start times already decided, it's a winner-takes-all battle, with the first boat across the line winning the race.



Royal Queensland Yacht Squadron invites all sailors to register for the five-day event by visiting brisbaneraceweek.au. Early bird discount is available until 26 April 2025, and one-day passes are available for \$38 (casual entry).

The week is open to the public to come along and enjoy the festive atmosphere of Brisbane's premier regatta week, including live entertainment and food options on the waterfront lawns of RQYS' Brisbane bayside home in Manly.

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Recent market volatility – your questions answered

FROM LAURENCE SMITH, FINANCIAL ADVISER, UEM WEALTH

Stock markets sell off – why? Investment professionals (asset allocators) assess investment opportunities with a lens on the future by using what is known today and projecting that forward. Opportunities present themselves when what is known today about the future becomes unclear. In this environment, the collective assessment of the value of an asset can change quickly and lead to volatile, knee-jerk reactions in investment markets, which are amplified as everyone jumps on board. Over the last few weeks, we have seen the future become less clear than it was at the start of the year. Global and Australian stocks have dropped by around 10% (what the press likes to call a ‘correction’) as investors sell off and consolidate profits from a very favourable period of elevated stock market returns.

Why were conditions so good for stocks? When President Trump returned to the White House, it was clear that his policies would be pro-business, with proposed tax cuts, deregulation, onshoring, etc, combined with the US Federal Reserve being committed to cutting interest rates. The pro-business stance of the US President and the lowering of interest rates benefited stocks (and other growth assets) as the future looked rosy.

What has changed in a matter of weeks? However, despite all the positive market sentiment, the recent tariff war has escalated to a point whereby no one knows where tariffs end up, and if countries keep escalating in a “tit for tat” retaliation, global growth could slow while inflation rears its ugly head again. Add to the melting pot that the path of interest rate cuts is not as clear as it was only a few months ago (i.e. maybe they remain elevated for longer); you can start to understand why investment markets have become volatile.

Where can I get returns from? Even with the recent Reserve Bank of Australia interest rate cut in February (by -0.25% to 4.10%) the returns from cash are still relatively attractive, especially when compared to the Australian market dividend yield of around 4%. Similarly, in the US, the cash rate, despite the 1% of cuts that have already occurred, sits at 4.25-4.50%. While the dividend yield on US stocks is currently less than 1%. Against the backdrop of this attractive alternative, investors are willing to lock in profit and move to defensive assets (such as cash and bonds). Until the future path of tariffs, growth, and interest rates (the known knowns) become clearer, they are happy to sit on the sidelines.

Should I sell my portfolio today? The short answer is no. Investment portfolios are built based on an investor’s time horizon and how much risk they are willing to take to achieve the desired return. Importantly, portfolios are diversified across various asset classes (and sometimes different styles of investment managers) to ensure that the end goal of the portfolio can be achieved.

Any knee-jerk reactions and selling portfolios based on negative returns or induced by scaremongering from the press or backyard barbie banter can result in the portfolio being unable to achieve its stated objective. For example, if a portfolio was invested in the top 300 Australian companies listed on the share market between June 2008 and June 2024, the annualised return generated would have been 9.15% per annum (source: Lonsec Research). If the portfolio was sold down to cash during a volatile period and then reinvested when the conditions improved, but if the top 10 trading days were missed the annualised return drops to 5.95% per annum. Market rallies tend to immediately

follow market downturns, which makes timing exits and entries to the market incredibly difficult, if not impossible.

The world is still adjusting to Trump 2.0, and we have already seen China stimulate their economy. In addition, other central banks around the world are loosening monetary policy as inflation slows. The ongoing conflicts in Ukraine/Russia and Israel/Iran continue to be a frustration however, any signs of peace will help investor sentiment.

To date, the correction has been focused on the more overheated stocks and sectors of the market that were priced for perfection.

In periods of volatility, it’s important to remember the adage, “It is time in the market and not timing the market”. Over the last two days (up to the 17th of March), we have seen markets rebound as investors start to dip their toe back in; however, only time will tell if we see a more permanent stabilisation of markets.

If you have any specific questions about how best to place your investments depending on your personal circumstances, a professional financial adviser is trained to provide this assistance.

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